

## **CLAIMS**

1. An orally ingestible preparation comprised of the following ingredients:
  - a) one or more members selected from the group consisting essentially of plant indoles, e.g. as diindolemethane, and sources of plant indoles;
  - b) one or more members selected from the group consisting essentially of plant flavonoids, polyphenols, stilbenes and related substances, e.g. resveratrol and piceatannol, and sources of plant flavonoids, polyphenols, stilbenes, and related substances
  - c) one or more members selected from the group consisting essentially of D-glucaric acid and derivatives thereof, e.g. calcium D-glucarate and 1,4-GL, and sources thereof;
  - d) one or more members selected from the group consisting essentially of medium chain triglycerides or MCTs and sources thereof; and
  - e) one or more members selected from the group consisting essentially of phospholipids, e.g. phosphatidyl choline, and sources thereof, e.g. lecithin.